

Adonis Golden Ratio Supplementation Guide

CATEGORY 3 - PRIMARY GOAL
MUSCLE BUILDING & FAT LOSS



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Category 3 – Primary Goal Muscle Building & Fat Loss

Based on your current measurements your goal should be a balanced mixed focused on both building muscle and losing fat, some people call this 'recomposition'. Regardless what you call it the point for you is to build muscle while stripping away the last bit of fat in order to have a lean defined and muscled physique.

I've put together a 'stack' of items that are your best options for maximizing your gains given your current measurements. As with any supplement these are not 'required' and you can certainly make significant improvements without them. However if maximizing your potential to hit your ideal body is your goal then these supplements can go a long way to making it happen faster and allowing you to push your body farther than without them.

The 'stack' I'm recommending is a few different items from a couple different companies that I consult with and know well. These are your best options at your current measurements.

There are three supplements I suggest you focus on given your current measurements:

Fat burner – I recommend Leptiburn [CLICK HERE TO LEARN MORE](#)

Testosterone Booster – I recommend and use Status [CLICK HERE TO LEARN MORE](#)

Pre-workout drink – I recommend Extreme Rush [CLICK HERE TO LEARN MORE](#)

I can vouch for the quality and effectiveness of these three products and I personally use them. I actually helped formulate Status and Extreme Rush as well. This is as good as it gets when it comes to formulation, quality and reliability from a supplement.

The rest of this manual is a brief explanation of how each of these supplement categories will help you get to your ideal body as fast as possible.

Fat Burning

As I've stated in other parts of this program you should always be training for muscle growth, however carrying excessive bodyfat can actually slow down your ability to gain muscle. This is because fat cells cause three major problems:

1. They convert testosterone to estrogen. This is obviously not good as testosterone is the most important muscle building hormone in your body. This is also why it's not a good idea to take testosterone boosters until you've stripped away some of the excess fat as it will just end up getting converted to estrogen. This is a vicious cycle because estrogen signals your body to store even more fat. You must break out of this cycle to have a truly lean ripped physique.
2. Excess bodyfat sends out protein signaling molecules (sort of like hormones) that make your muscle cells insensitive to insulin. This means that when you eat carbohydrates your muscles will have a hard time taking the carbs in for energy and instead more of them will get stored as fat. In other words, the more fat you have the worse your body is at burning carbs and the better it is at storing fat.
3. Increased systemic inflammation. This doesn't sound like much but I think it's the biggest problem to overcome when attempting to get rid of fat. It causes all kinds of problems including a further decrease in testosterone, a reduction in your muscles growth response to lifting weights, leptin resistance, even more insulin resistance, and poor recovery from exercise. I think increased systemic inflammation is a huge problem when trying to lose weight and build muscle. It'll essentially kill your ability to do either.

These are the three main issues with excessive fat from a hormonal standpoint and why excess fat will stall your muscle growth potential and also sap some of the energy from your muscles so you can't workout as hard. And I'm not even mentioning how excess fat simply doesn't look good, and puts a strain on your entire body.

The faster you can strip away this fat the better. Reducing your bodyfat as fast as possible will allow your testosterone levels to rise and kick start the muscle building process and it'll also allow your muscles to become more sensitive to insulin and carbohydrate foods. As you reduce bodyfat your body will become better at burning carbs for energy, this is why throughout this program your specific recommendations of how much carb and sugar you can/should eat changes as your body changes. The Adonis Golden Raito nutrition calculator will give you the correct amount of calories to eat for you to maximize fat loss without losing lean muscle, and you can accelerate the process with some targeted supplementation.

Inflammation Leptin and Testosterone Axis

Ironically, I'm suggesting a supplement to you called Lepti-Burn, and my reasons for doing so have nothing to do with Leptin.

But first, you may be wondering, 'What is Leptin?'

As I've just mentioned carrying excess fat is going to cause a systemic inflammation that will greatly reduce your ability to building muscle and even to burn fat effectively. This is because it causes certain cells in your body to become 'resistant' to certain hormones. Specifically it can do this to your muscles cells and insulin and leptin, and it can also cause your hypothalamus to also become resistant to leptin.

So what can you do about leptin?

When it was first discovered scientists thought leptin was the answer to obesity and weight loss, the optimism came from an early study where researchers injected obese mice with leptin and they magically lost all of the excess bodyfat. The researchers couldn't wait to try this on obese humans, but sadly the results weren't the same. As it turns out obese people actually already have abnormally high leptin levels. When a hormone is too high like that it means the body simply can't handle this chronic elevation and becomes 'resistant' to it. Once resistance occurs your body does a poor job of receiving or using the hormone. You've probably already heard of this concept with type 2 diabetes. Just to re-fresh; Type 2 diabetics are 'insulin resistant'. So no matter how much insulin the body produces the muscle cells don't 'receive' it very well if at all.

Back to leptin...

The theory goes that during a weight loss diet leptin levels will decrease causing your appetite to increase, your metabolism to slow down and fat loss to stall. So logically increasing leptin levels will help keep your appetite low, and maintain your metabolic rate and keep you burning fat (as the theory goes). The story isn't this simple because of leptin resistance, chronic systemic inflammation and low testosterone from carrying excess bodyfat. The problem is high leptin levels are linked to low testosterone levels, so you don't want leptin getting too high.

In summary having high bodyfat converts testosterone to estrogen, not good. It also causes over secretion of leptin, not good. It also causes systemic inflammation, leptin and insulin resistance...also not good. And finally, elevated levels of leptin cause decreased testosterone levels...you are creating a downward spiral of bad health and an unfavorable metabolic profile.

What the heck do you do?

The answer isn't to have zero bodyfat, or to have sky high leptin or even maxed out testosterone levels either. As you diet you also want to be sure leptin levels don't drop through the floor either as having very low leptin AND leptin resistance isn't healthy and can cause a host of metabolic problems too. The answer as with just about anything in your body is to find an optimal level of these metabolically influential hormones. In other words you want to return the balance of your hormones to an optimal level for vigorous health, you're looking for the sweet spot where things are just right. Not too high, not too low.

So how do you do this?

First you set up to reduce inflammation and get your hormones working for you to burn fat. I've managed to find a fat burner here that actually reduces a serious inflammation marker called "C-Reactive Protein" by over 50%. That is a huge reduction and that could go a long way to stabilizing your hormones, getting your leptin sensitivity back, normalizing leptin levels, and allowing testosterone levels to start to rise. These are all key ingredients to getting your body back on the fat burning path.

This is where the irony comes in. For all the benefits of this particular fat burner I think the people who made it didn't even realize what I think is the most important benefit that is causing it's fat burning effect...and that is it's ability to massively reduce systemic inflammation. No doubt it'll help you burn fat, there is research to prove it, but I think reducing inflammation is the key to it's effectiveness that nobody is really talking about.

Not too many people focus on this link between inflammation, leptin resistance and testosterone but I think it's actually the key to creating an optimal metabolism while you lose weight.

Look, anyone can crash diet, but you'll be throwing so many of these hormonal systems out of whack that you'll end up crashing at the end and gaining all the weight back. Hence the term "Crash Diet".

Dieting for weight loss is already a new stress for your body, and with stress comes hormonal imbalance. You should always be looking for ways you can maintain healthy hormonal balance throughout the dieting process to avoid any set backs or crashes.

This is why given your current measurements I suggest a fat burner that I think has the unique ability to focus on controlling the inflammation/leptin/testosterone axis instead of the highly stimulant based fat burners that competitive bodybuilders might use. The funny thing is, I doubt even the formulators of this product realized they hit on this key system for fat burning. It's not really in their marketing per se, but I never look at the

marketing anyway. I just go straight to the ingredient list and the research, and bang there it was...52% decrease in C-reactive protein...as soon as I saw that I knew this was a solid formula and its what you need now at your given measurements right now. The rest of the formula is certainly solid and a research trial shows an average of 28lbs of fat loss with the main ingredients in the formula. I believe the effect it is having is based on it's unique ability to reduce inflammation.

The other class of fat burners that I have helped developed for Bluestar are meant for people who are close to competition and are fully prepared to put their body through a serious shock. These other formulas don't take into account balancing hormones and reducing inflammation. They're primarily stimulant based and are not a good idea for you right now. Optimizing your testosterone and leptin levels by reducing your inflammation levels is the absolute best approach you can take to creating a 'fat burning metabolism' right now. And frankly given your current measurements you're going to respond to a fat burner that has inflammation reducing and hormone balancing properties better than the high stimulant based formulas.

When you're closer to your golden ratio then you can start looking into adding other types of fat burners when you're body is at a hormonally balanced level and can handle the higher degree of stimulants. Incidentally this is actually why many people who try to lose lots of bodyfat fail with bodybuilding style fat burners...their hormonal environment is not balanced yet and thus they react poorly to them.

[CLICK HERE TO LEARN ABOUT FAT BURNER](#)

Testosterone Boosting

Testosterone is the single most important anabolic hormone and without it you could not build muscle at all. Everyone has a specific amount of testosterone that their body will produce naturally, and raising your natural level will allow for faster and greater muscle gains, faster and greater strength gains, and faster recovery.

Testosterone does this by binding to the nucleus of your muscle cells signaling them to grow faster and larger. The only thing holding back your muscles from growing to hulk like proportions is the amount of testosterone you have. For example bodybuilders will inject themselves with massive amounts of testosterone and this is how they build cartoon size muscle. However there is a down side to taking this much testosterone, any drugs that can produce such massive muscle mass also have massive side effects including increased risk of heart attack and impotence - massive side effects which you DO NOT want.

This is why I recommend taking a testosterone boosting supplement that naturally raises your levels. This will promote faster muscle growth without risking the side effects of using testosterone based drugs. Using a testosterone boosting supplement will also give you a more natural look compared to the drug induced look of bodybuilders. We're basically talking about the difference between being as big and muscular as you can be naturally vs on drugs. I'm sure you'll agree that 'natural big' is much better than 'drug big'. But with that said you'll still need all the help you can get and a testosterone boosting supplement is definitely an ace up your sleeve.

You'll notice that I recommend dosing most of your Testosterone booster at night. This is because many test-boosters (and especially the ones I recommend) can have a profound affect on your sleep.

Test boosters are know for improving the quality of your sleep leading to a better hormonal balance, better recovery and less risk of suffering from symptoms of overtraining.

STATUS TESTOSTERONE BOOSTER DOSING:

To establish a new testosterone level I recommended a graded dosing scheme to allow your body to ramp up. I suggest the following three week ramp up to a full dose:

Week 1: 1 capsule post workout + 1 capsule before bed

Week 2: 1 capsules post workout + 2 capsules before bed

Week 3: 2 capsules post workout + 2 capsules before bed

On days you don't workout only take the before bed dose.

As of week 3 you will be at the recommended label dose. You can continue this dose for the remainder of your workout program then follow a ramping down schedule to cycle off.

4 Week Ramping down schedule:

Week 1: 1 capsule post workout + 3 capsule before bed

Week 2: 1 capsules post workout + 1 capsules before bed

Week 3: 1 capsules before bed

Week 4: Off

For extreme results:

4 capsules per day is the labeled recommended dose and many of our past clients have had great success with this dose, however we know that some people have taken it a step further by increasing the dose beyond this recommendation up to double the labeled dose. If you want to test the highest dose we recommend you can continue the ramp up as follows:

Week 4: 3 capsules post workout + 3 capsules before bed

Week 5: 4 capsules post workout + 4 capsules before bed

As of week 5 you will be double the recommended label dose. Hold her for the remainder of your scheduled workout program then cycle off for 4 weeks.

8 capsules per day is the highest dose we've tested on ourselves and our clients. If you want to see how far you can push your muscle gaining in a short period of time you may want to test this dosing schedule, however it's not mandatory.

If you choose this higher dose you will need to follow a longer ramping down schedule to cycle off as follows:

5 Week Ramping down schedule:

Week 1: 3 capsules post workout + 3 capsule before bed

Week 2: 2 capsules post workout + 2 capsules before bed

Week 3: 1 capsule post workout + 1 capsule before bed

Week 4: 1 Capsule before bed

Week 5: Off

[CLICK HERE TO LEARN ABOUT TESTOSTERONE BOOSTER](#)

Pre-Workout

Your workout is the single most important activity of the day when it comes to muscle building. Following the right diet and taking the right supplements isn't going to really matter if you don't bother lifting weights. You must complete your workouts consistently and with maximum intensity, focus, and effort if you expect to reach your full potential.

Step one is getting to the gym. Step two is doing the workout. Step three is hitting that workout with 100% effort. Step three is where many guys fail. Just going through the motions of your workout isn't going to cut it. A pre-workout supplement will give you the right mix of nutrients to keep your mind and muscles primed for maximum intensity and growth.

Nootropics – Enhanced Mind-Muscle connection, Maximum energy and Intensity

Nootropics are a broad class of compounds that are psychoactive. This means they have the power to affect your ability to focus, and thus they can also affect your ability to generate strength and intensity.

They do this multiple ways from increasing blood flow to the brain and modifying certain neurochemicals to give you what might feel like enhanced abilities.

For the purpose of a workout you want to be 'dialed in' every time you step foot in the gym and a blend of nootropics will do just that. This will translate into massively productive workouts and being able to push harder on every set and every rep.

Think of it as the difference between working out half asleep or wide awake and totally in the zone.

Each class of nootropic compound will have different effects; the ones selected here for you will compliment each other for the most pronounced effect possible. The combination of nootropics in this pre-workout blend will provide all of the following benefits:

- Directly stimulating an increase in power and force you can generate with each repetition, this is a enhanced ability to contract the muscle
- Stimulating increased blood flow to the brain for enhanced alertness and focus
- Stimulation of dopamine for enhanced drive and intensity

Taken together this blend of ingredients is like a supercharger for your mind muscle connection when you're working out. It's perfect within a pre-workout supplement because you only need to take these before a workout.

Increased Strength Endurance

You've likely heard of endurance, and strength, but you might not have heard of 'strength-endurance'. Strength endurance is the ability to maintain your maximum strength from one set to the next, and from one exercise to the next for the entire length of your workout no matter how long it is. In order to build maximum muscle mass you will be doing lots of sets and reps within any given workout, but this is only useful if you can still push heavy weights all the way through to your final sets of the day.

With any given workout we will all experience some fatigue and decrease in strength from the start of the workout to the end, this is natural, but it's not inevitable. You can avoid this drop in strength with some strategic supplements that help delay muscle fatigue and keep muscle energy high throughout the entire workout. This is accomplished by adding ingredients that help prevent the build up of acid in the muscles from set to set. You can basically prime the muscle to handle the high volume workouts if you give it the right ingredients before you go to the gym. This is another reason why a properly designed pre-workout formula can help you maximize the results you get from every single set and rep of every workout.

Maximum Strength

Along with increased strength endurance you also want to hit your maximum strength with each lift otherwise you're leaving some of your potential gains on the table. A good pre-workout mix will also have creatine and targeted energy enhancing ingredients that prime your muscles for the ability to push max weights. You'll not only have enough strength endurance to give each set and rep your all, but every rep will also be the heaviest weight you can lift. This combination of strength-endurance and max strength is a major key to accelerated muscle gains.

Blood Flow Enhancement

The "pump" as it's become known is the effect of your muscles swelling with blood during a workout. The faster and fuller you get a pump the more you are forcing muscle building nutrients into each muscle. Stimulating a chemical in your blood called 'Nitric Oxide' has long been believed to be the key to creating bigger and fuller muscle pumps, and the old standard for this was the amino acid Arginine.

But that was then, and this is now.

Arginine is old news when it comes to nitric oxide stimulation. There are new more effective ingredients for stimulating nitric oxide and developing fuller longer muscle pumps and it's what you'll find in the new Extreme Rush pre-workout formula. This is the most potent pre-workout formula currently available.

EXTREME RUSH PRE-WORKOUT DOSING:

This product is so potent that I suggest you simply following the dosing instructions on the label and start with half a scoop which is one serving approx 45-60 mins before your workout.

Once you've assessed your tolerance after approximately 10-14 days you can attempt to go to one full scoop approx 45-60 minutes prior to your workout. This is the MAX dose I recommend and I would not attempt to any higher.

For people who are extremely sensitive to stimulants:

If you know that you're highly sensitive to caffeine and other stimulants you may want to start with a quarter scoop for the first week to assess your tolerance and work your way up to a half scoop, then $\frac{3}{4}$ scoop and finally a full scoop. If you are highly sensitive you may not need to ever use a full scoop. If you know you're highly sensitive to stimulants use the following graded dosing schedule to assess tolerance:

Week 1: $\frac{1}{4}$ scoop Extreme Rush 45 mins before workout

Week 2: $\frac{1}{2}$ scoop Extreme Rush 45 mins before workout

Week 3: $\frac{3}{4}$ scoop Extreme Rush 45 mins before workout

Week 4: Full scoop Extreme Rush 45 mins before workout

*ONLY take your pre-workout supplement on the days you workout, do not add it in on your non-workout days.

[CLICK HERE TO LEARN ABOUT EXTREME RUSH](#)